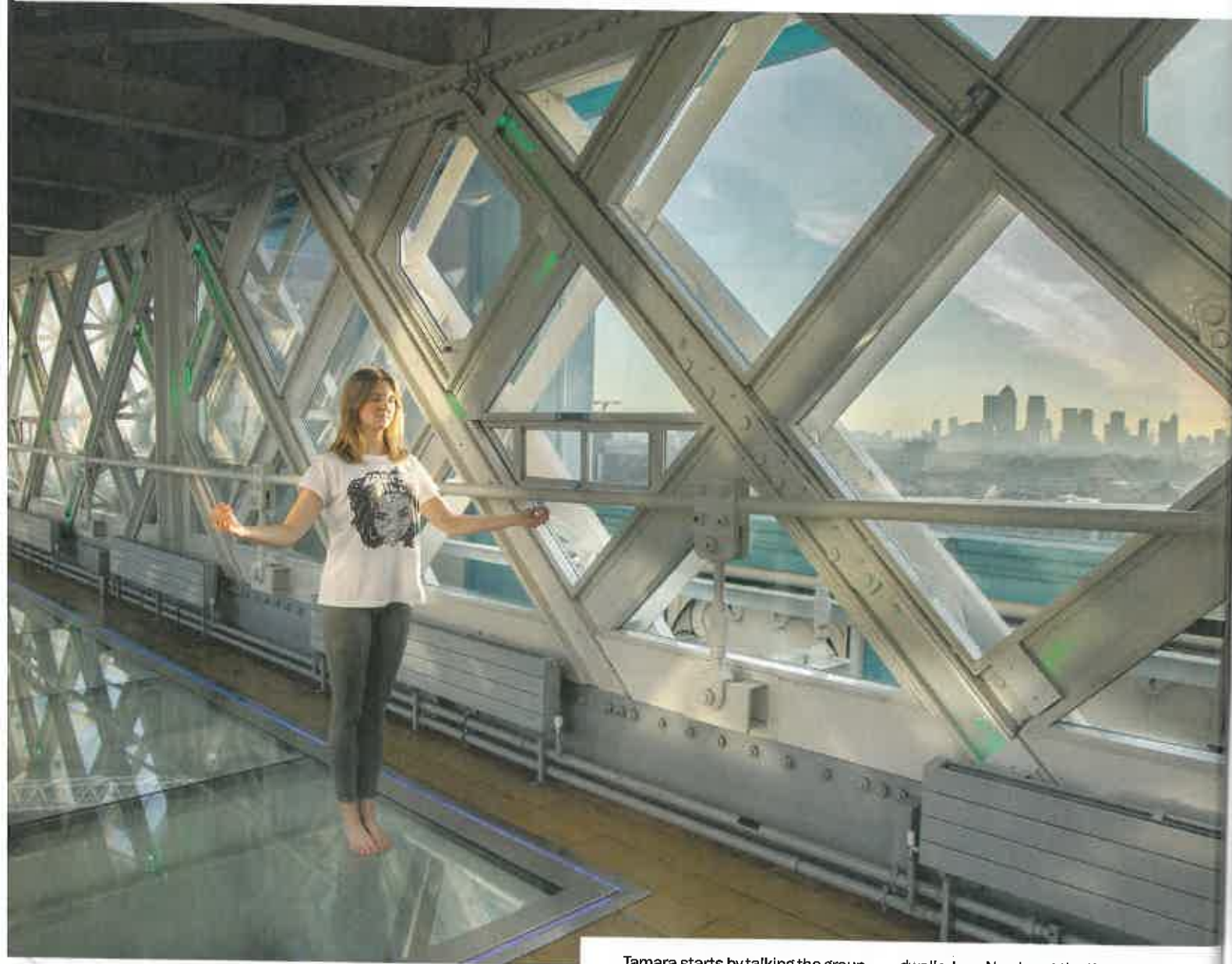


# Rise and shine

Don't be fooled by the peace and quiet, there's a lot going on before the sun has even risen. After a cup of Nescafé® Azera® Coffee to Go, **Liz Darke** explores



## MORNING MINDFULNESS AT TOWER BRIDGE

**HOSTED IN ARGUABLY ONE OF THE** capital's coolest locations, a Morning Mindfulness session at Tower Bridge is a special way to kick off the day. The short series of weekly mindful movement sessions takes place 42m above the Thames on the glass floor of a covered high-level walkway at London's most iconic bridge. Now that's pretty special, right?

The session begins at 7.30am, which admittedly seems a little early for anything other than hitting the

snooze button, but the aim of the session is to start the working day with clear, positive thoughts.

Heading up to the walkway for the class involves a short lift ride, and once up there, the panoramic views of the city are darn-right impressive. The sessions are run by clinical psychologist, neuroscientist and martial artist Dr Tamara Russell, who is quick to confirm that there will be selfie opportunities once the class has finished. Phew.

Tamara starts by talking the group through some breathing exercises to relax the body. To relax the mind, she then focuses on the aerial view below our feet. As ant-sized black cabs and cyclists scurry across the bridge and cargo boats float along the river, Tamara suggests offloading any nagging thoughts on to them. 'Imagine that cargo boat is carrying your thoughts away,' she says.

At first, all this seems pretty bloody nuts, but after a few minutes, dumping that mile-long mental to-do list onto a passing vessel is very therapeutic. And the rest of the class continues this way. While working through the movements, thoughts are allowed to come and go, but are not to be

dwelled on. Now's not the time to plan your weekend or worry whether the Northern line will be delayed come rush hour.

As the session comes to an end, it's hard to imagine staying this light-minded and relaxed for any longer than five minutes once back on ground level. However, when rallying through commuters en route to the tube station, a sense of calm remains. Obviously the tube's running with major delays already, but it's fine, you can just float your way to work today instead.

Tower Bridge. @Tower Hill. [www.towerbridge.org.uk/morning-mindfulness](http://www.towerbridge.org.uk/morning-mindfulness). See website for dates. 7.30am-8.30am. £20.